

WEBINAR: March 4, 2026 | 7:00pm

Rest for Caregivers: Tools for Supporting Good Sleep

Sleep disruption is a major issue for people with dementia and affects the entire household. This presentation describes the importance of sleep for mental and physical health, the normal sleep cycle, and changes in sleep patterns that occur with aging and with memory loss. Strategies for getting a good night's sleep are reviewed, including self-care habits and approaches.

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FOR MORE INFORMATION:

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